



Carb Smart Pizza-Style Chicken

with Creamy Side Salad

Carb Smart

Optional Spice

30 Minutes



Chicken Breasts



Green Bell Pepper



Marinara Sauce



Lemon



Monterey Jack
Cheese, shredded



Garlic Salt



Mayonnaise



Chili Flakes



Baby Spinach

HELLO PIZZA-STYLE CHICKEN

Forget the dough! Butterflied chicken creates a carb smart base for pizza toppings!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust out

Baking sheet, measuring spoons, zester, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Green Bell Pepper	200 g	400 g
Marinara Sauce	½ cup	1 cup
Lemon	1	1
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Mayonnaise	2 tbsp	4 tbsp
Chili Flakes 🌶️	½ tsp	¼ tsp
Baby Spinach	113 g	227 g
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call us | (855) 272-7002

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Prep and make dressing

- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Add **mayo, lemon juice, lemon zest** and **half the garlic salt** to a large bowl. Season with **pepper**, then stir to combine.
- Add **half the peppers**, then toss to coat.



Make salad

- Meanwhile, add **spinach** to the large bowl with **dressing and peppers**. Toss to combine.



Prep chicken

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end.
- Open up **chicken** like a book. Season both sides with **remaining garlic salt and pepper**.



Finish and serve

- Divide **chicken** and **salad** between plates.
- Sprinkle ½ **tsp chili flakes** over **chicken**. (NOTE: Reference heat guide.)
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat. Transfer **chicken** to a parchment-lined baking sheet.
- Spoon **marinara sauce** over **each piece of chicken**. Top with **remaining peppers**, then sprinkle with **cheese**.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**